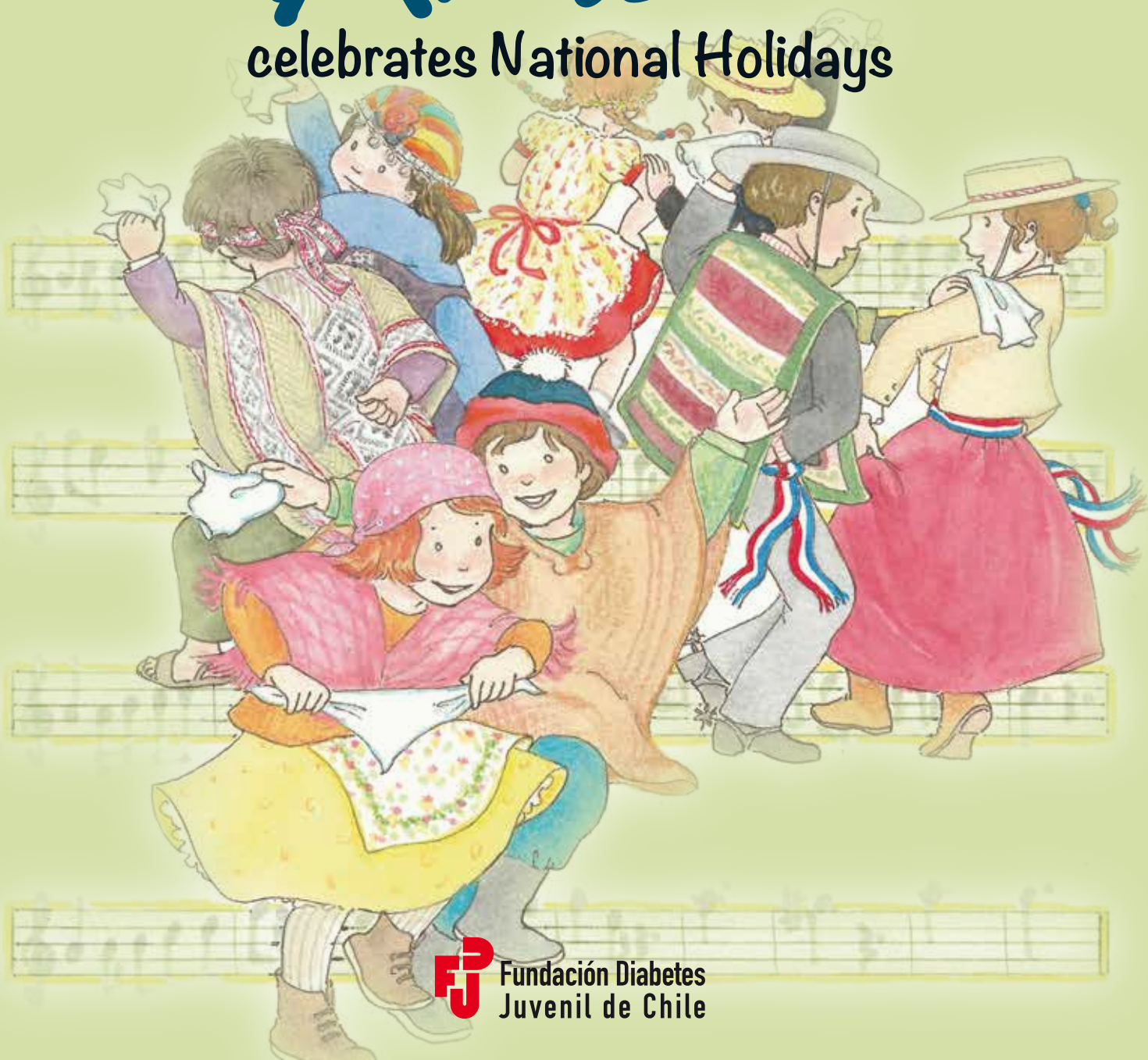


Amalia

celebrates National Holidays



Fundación Diabetes
Juvenil de Chile

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Amalia

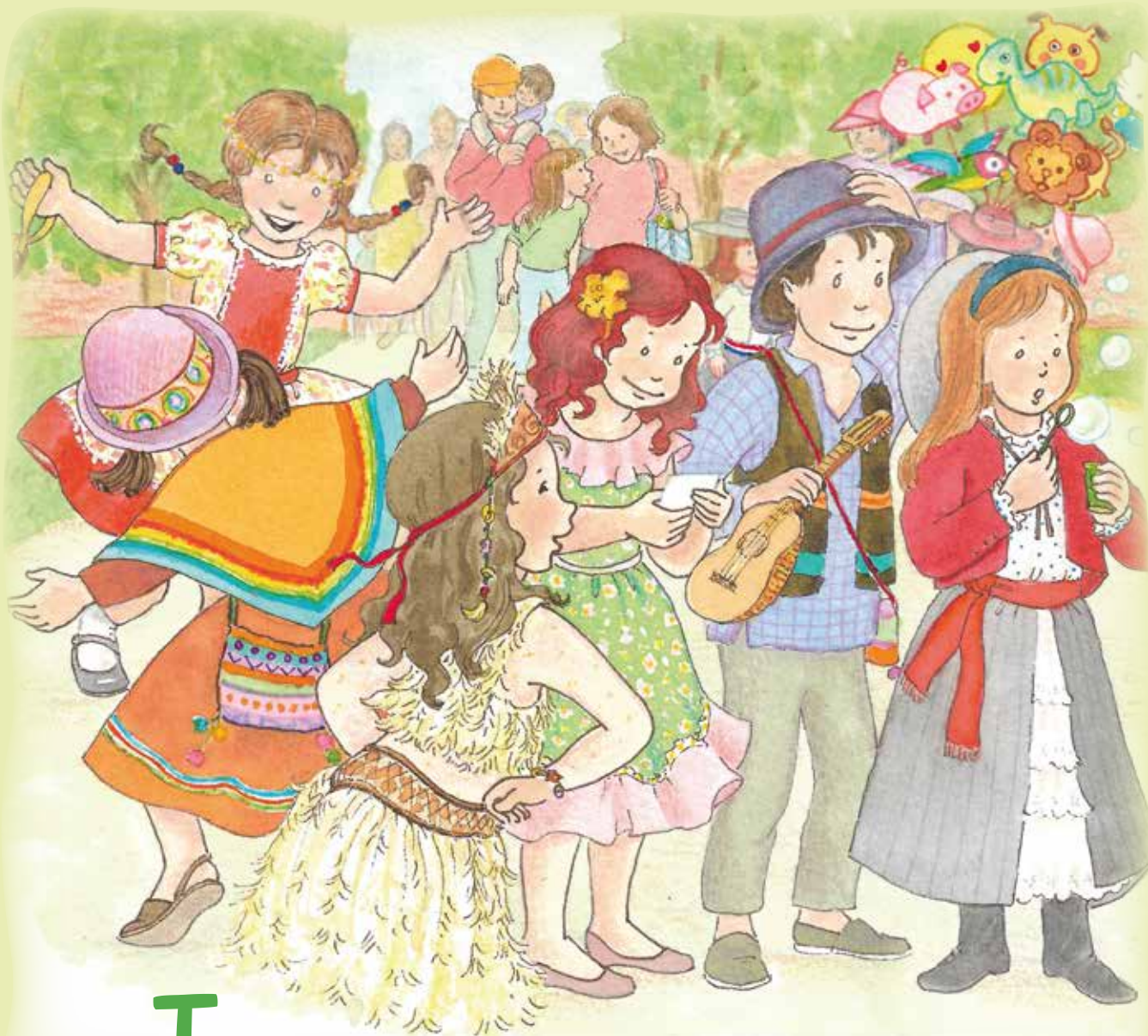
celebrates National Holidays



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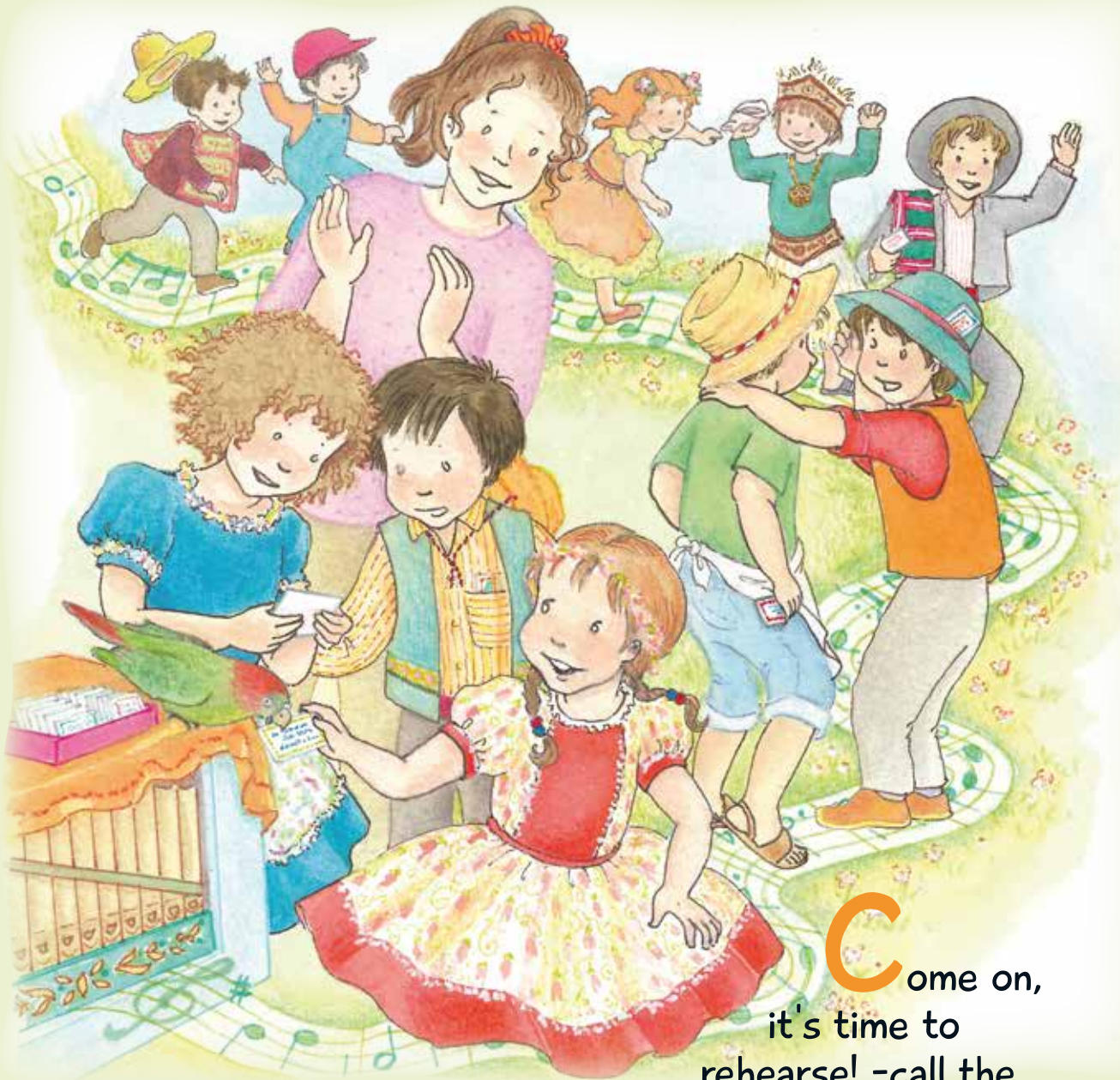
September arrived.
National Holidays!
Amalia and her friends
meet at the school to celebrate this great
chilean family party that is organized
every year.



Today they will have a day with many activities, contests and games. Amalia's course was selected to prepare the "cueca", our national dance. They are all excited about the competition.

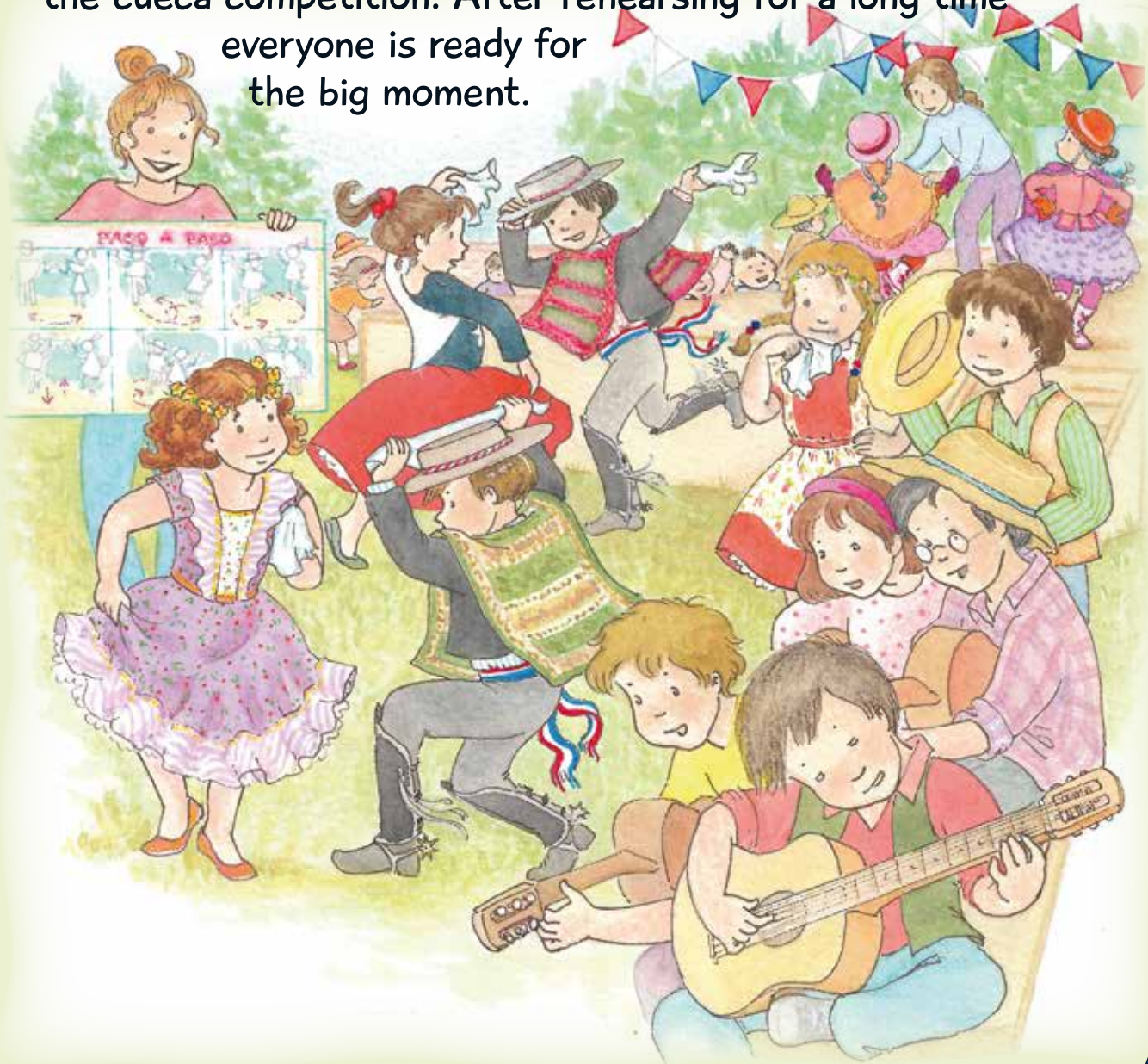
An organ grinder has come. Come meet the parrot!
Did you know that you get beautiful messages for the
children? And invites them to take out a paper.





Come on,
it's time to
rehearse! -call the
teacher. Children quickly take a paper and say
goodbye to the organ grinder and his parrot.

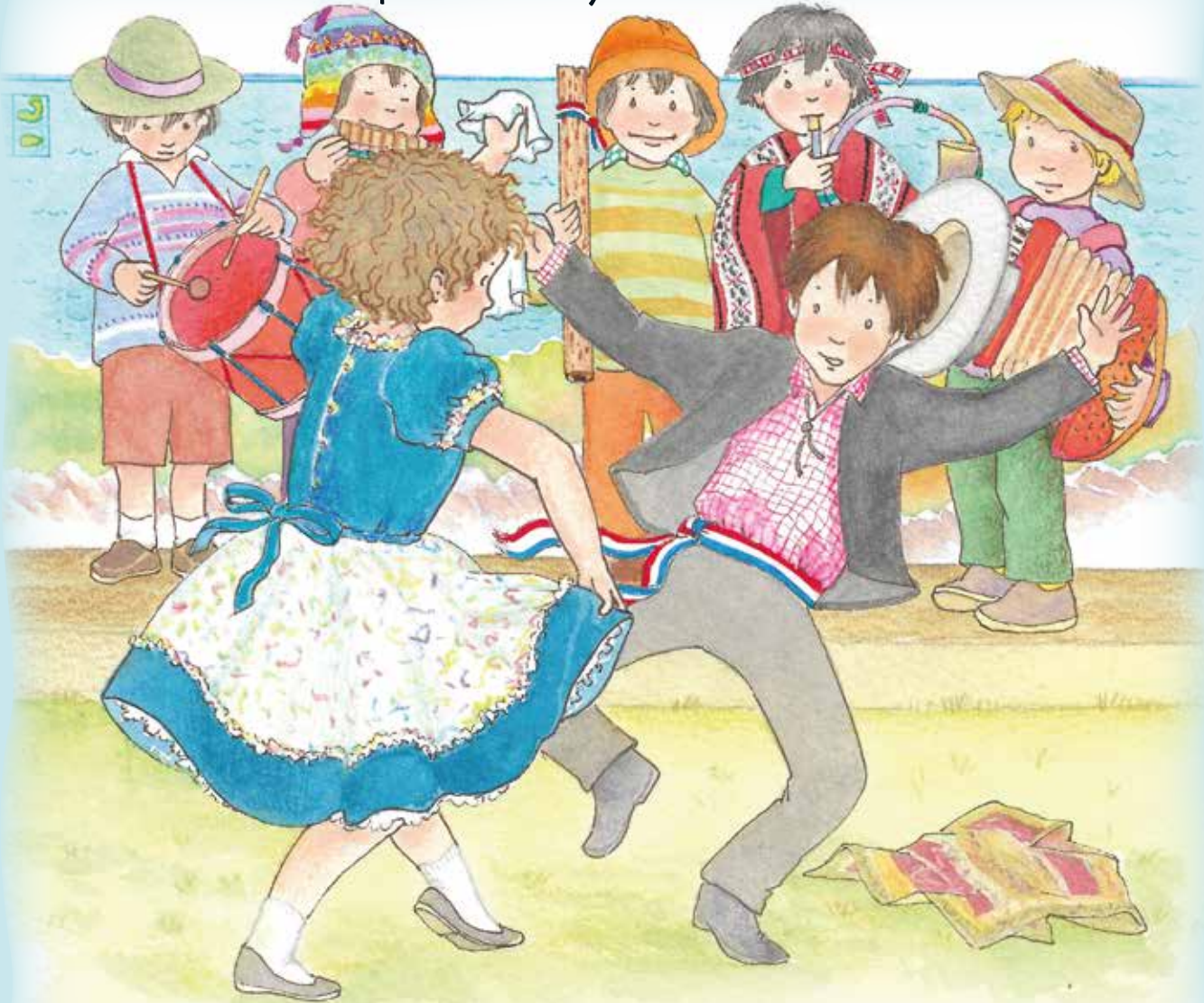
—Attention! This is our last essay. Half turn ...
whole turn! the teacher of the course helps them before
the cueca competition. After rehearsing for a long time
everyone is ready for
the big moment.





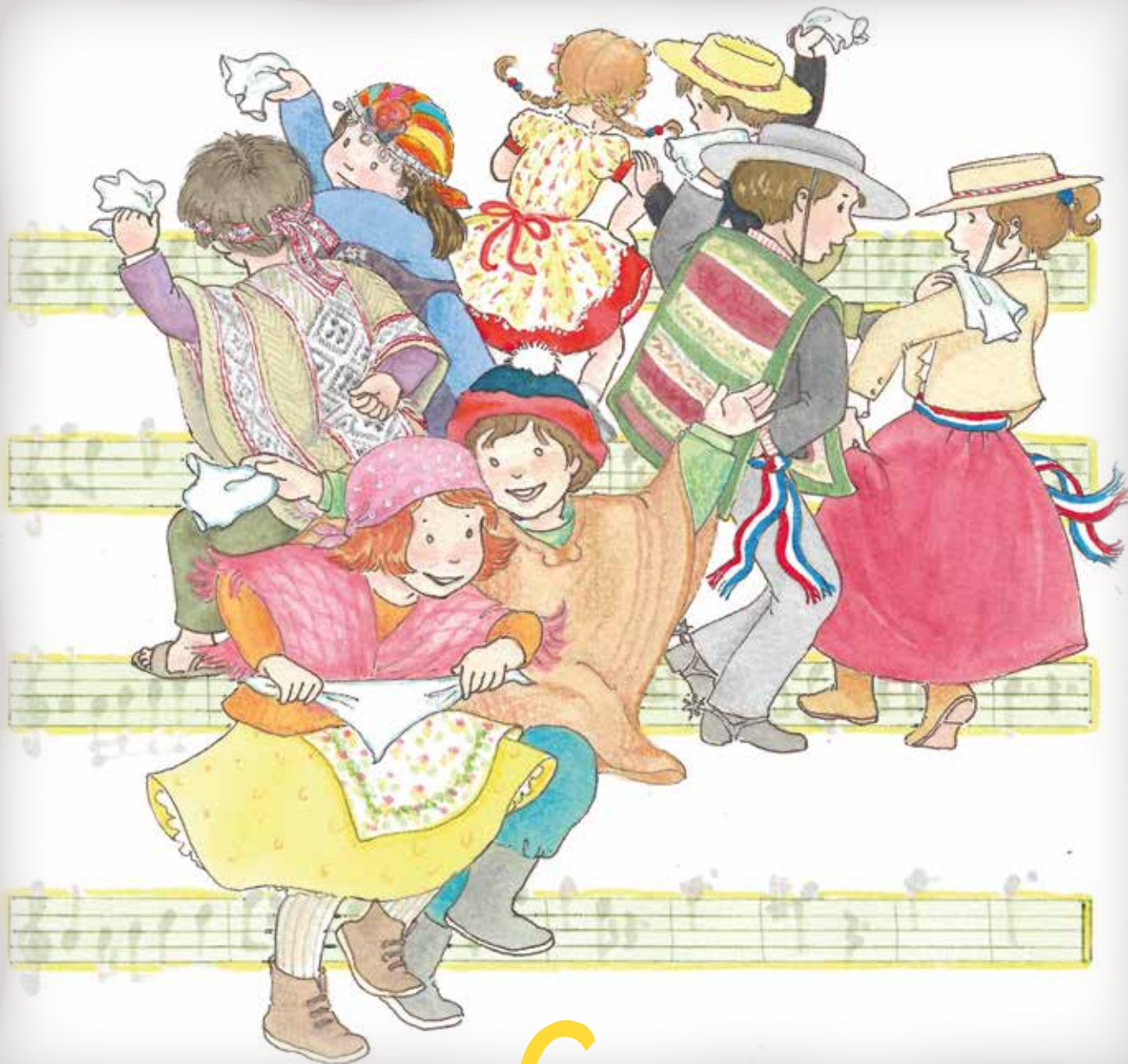
What's up
Carolina? I
forget some parts
of the cueca, because
in Venezuela our
dances are a bit
different. Carolina is the
new partner... she has been in Chile for a
short time and is the first time she
celebrates National Holidays in our country.

Be calm, don't worry Caro. You follow me as I guide you, says Claudio, his dance partner, very sure.



Finally the competition begins! Amalia and her companions dance three beautiful "cueca steps".





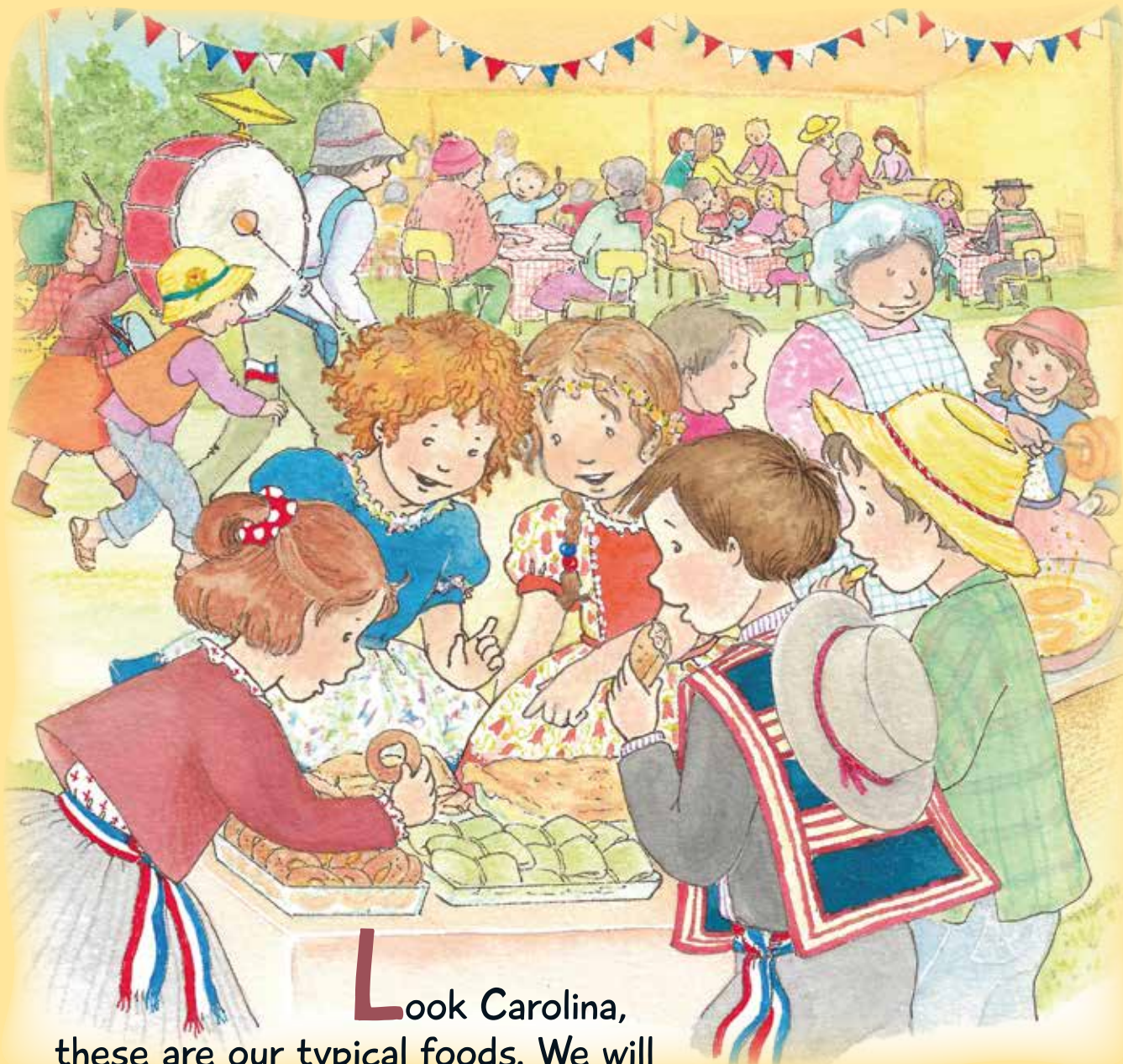
Couples are already spinning to the beat of guitars, palms and handkerchiefs. Viva Chile!



While the judges decide the winners, a teacher gives the children tickets to exchange them for something to eat. Each course has a different stand with characteristic food from northern, central and southern Chile.

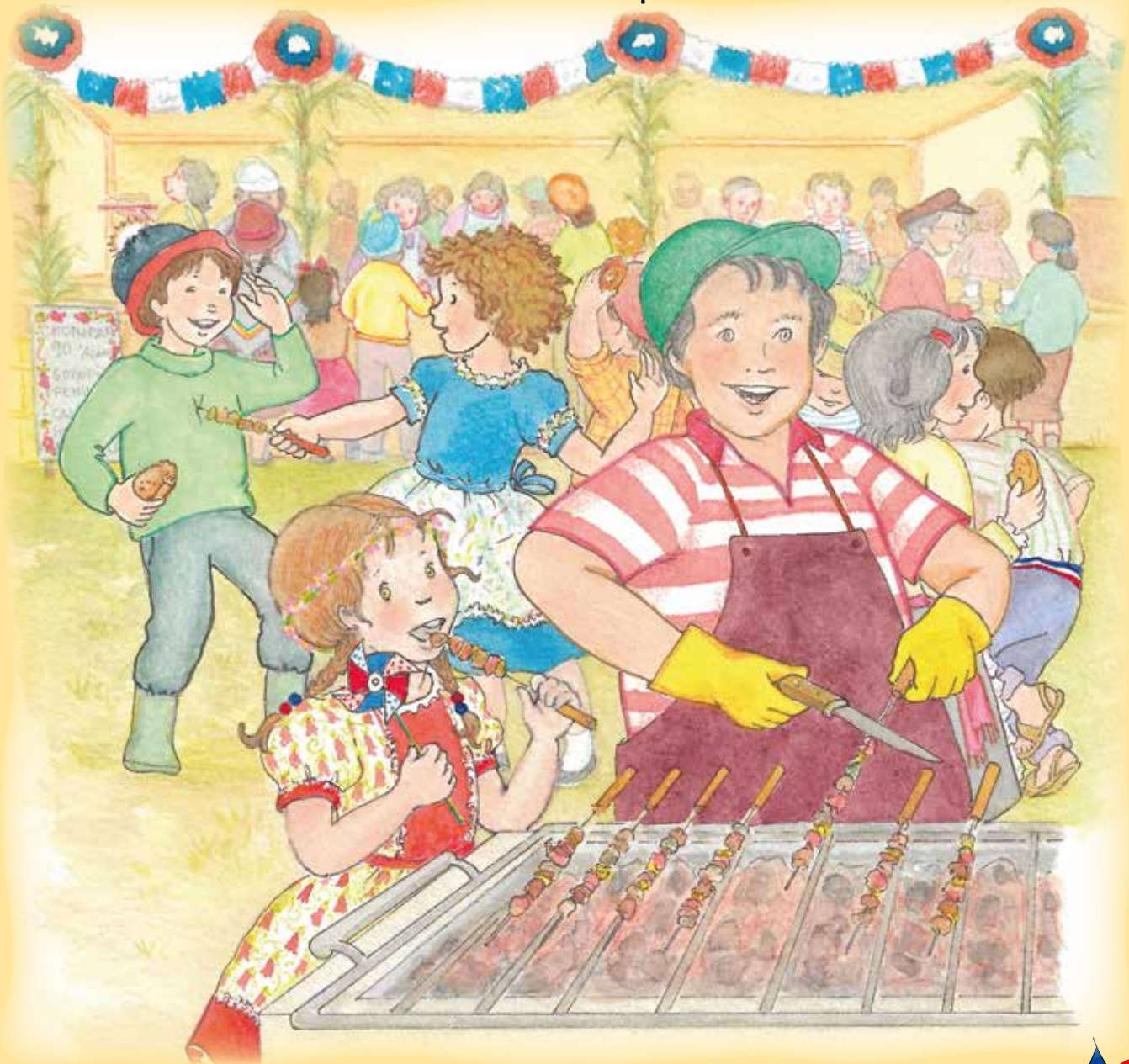
Amalia measures her blood sugar. With their mother, they calculate how many carbohydrates she will eat and the dose of insulin to be injected. They take the opportunity to explain to Carolina the treatment of diabetes.





Look Carolina, these are our typical foods. We will explain them to you. How delicious everything looks! says Caro. Some are similar to those in my country. Roasted milk resembles our "quesillo" and its humitas to the "hallacas".

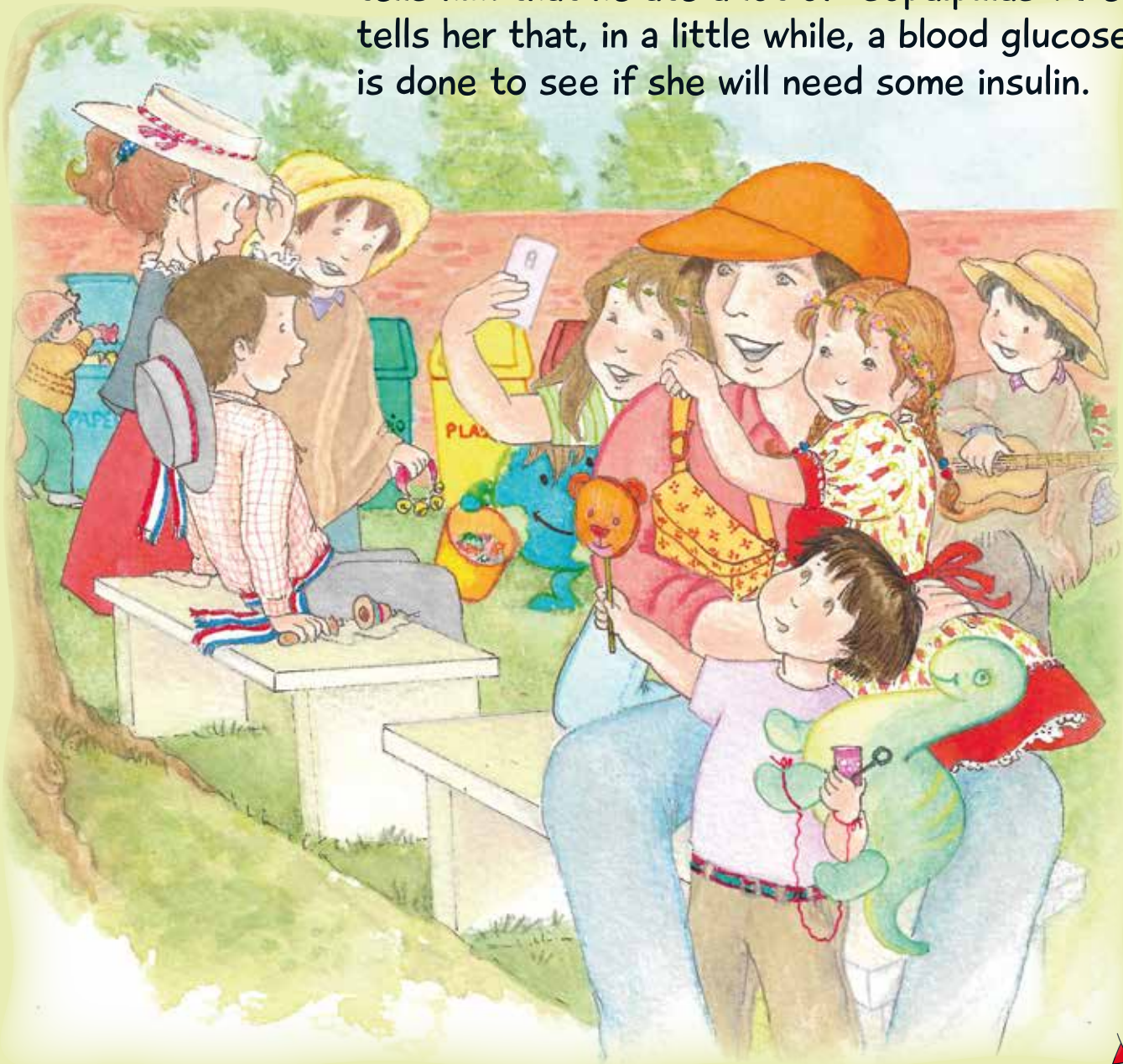
Sofi, Claudio and several others run to the "empanadas" stand, but Carolina and Amalia prefer the barbecues.





And these are the "sopaipillas". They are made of pumpkin and are delicious -Amalia explains- while eating some, maybe too many. In my country -says Caro- we have the "arepas" that are made of corn, they are also circular and filled with different ingredients.

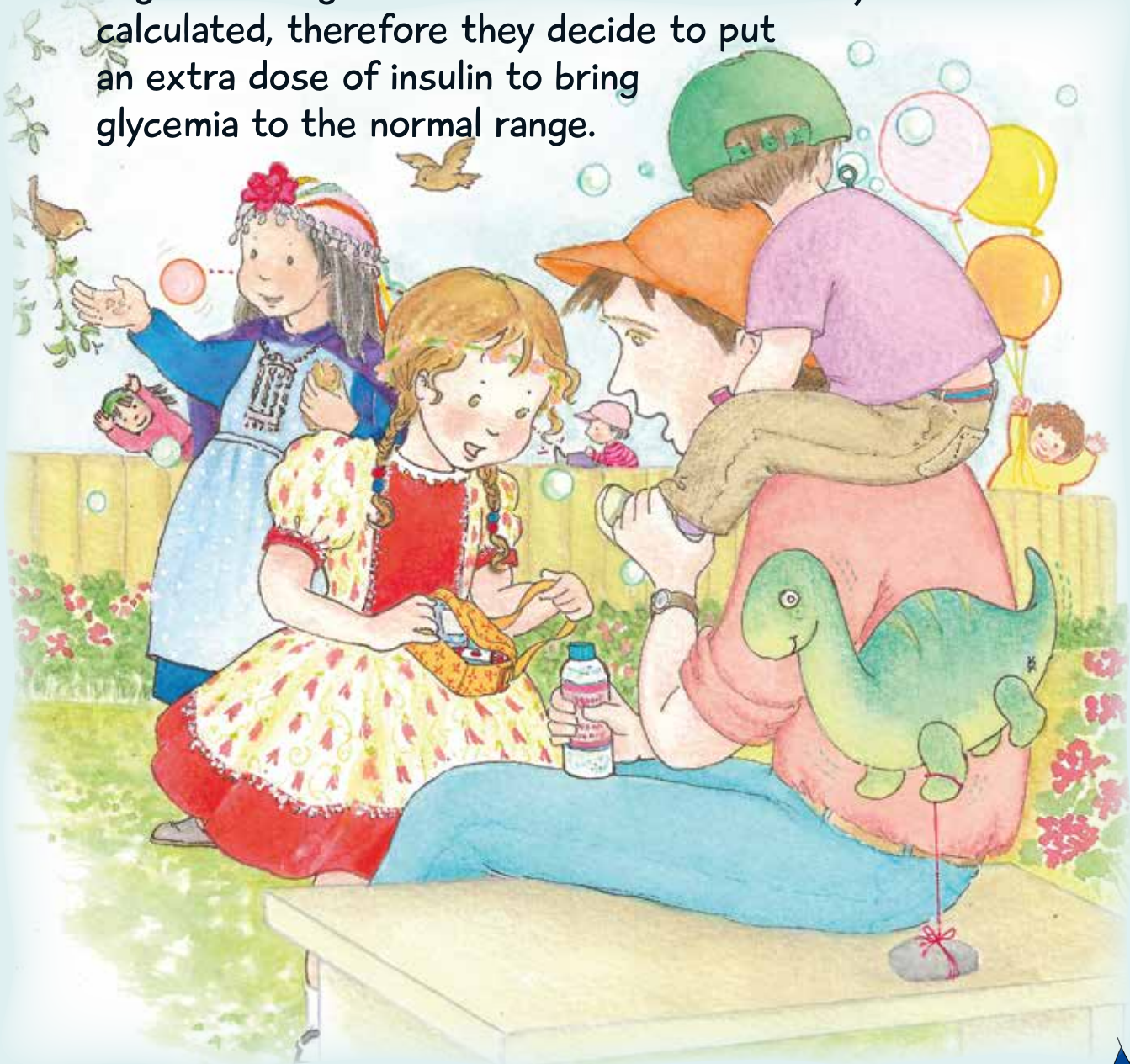
At one point Amalia meets her dad and tells him that he ate a lot of "sopaipillas". He tells her that, in a little while, a blood glucose is done to see if she will need some insulin.



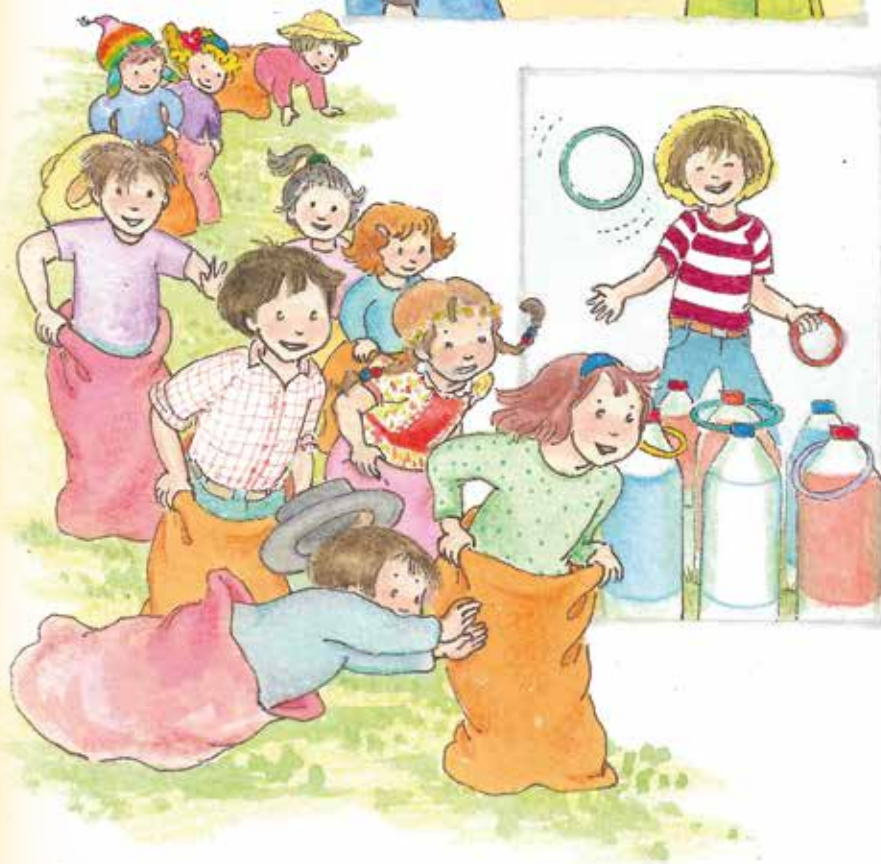


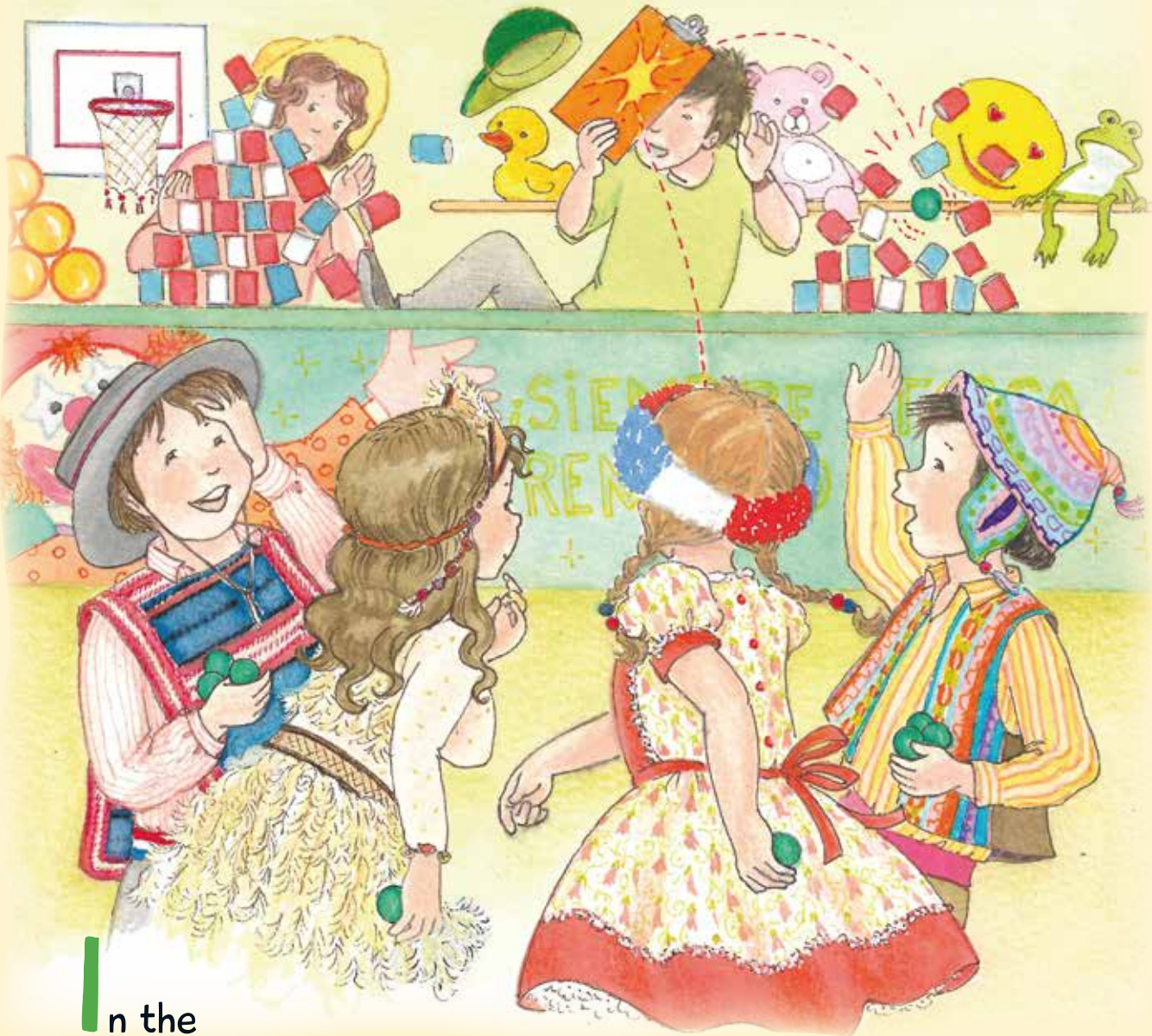
The time has come for the results of the cueca contest!... And the winners are... Cecilia and Cristóbal! Everyone celebrates it with shouts and applause.

Amalia is thirsty. Your dad helps you check your blood sugar. It is high because he ate more carbohydrates than calculated, therefore they decide to put an extra dose of insulin to bring glycemia to the normal range.



Time of the typical Chilean games! Bagging race, spinning top, waxed stick...





In the aiming game, Amalia make a mistake and hits Claudio's dad! which is in charge of the stand. Everyone laughed a lot.

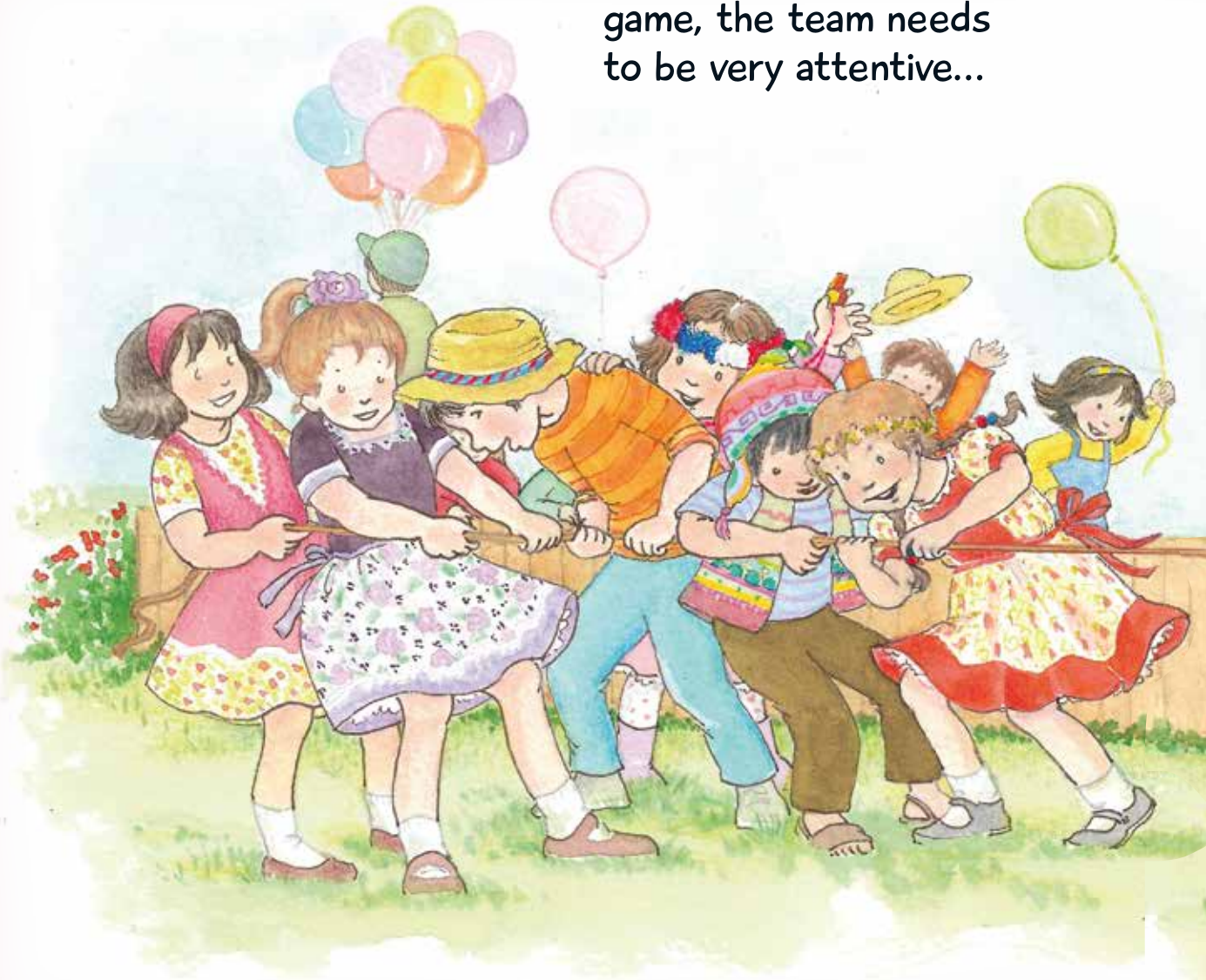


It is not so easy to raise kites!

But how cute they are flying in the sky!



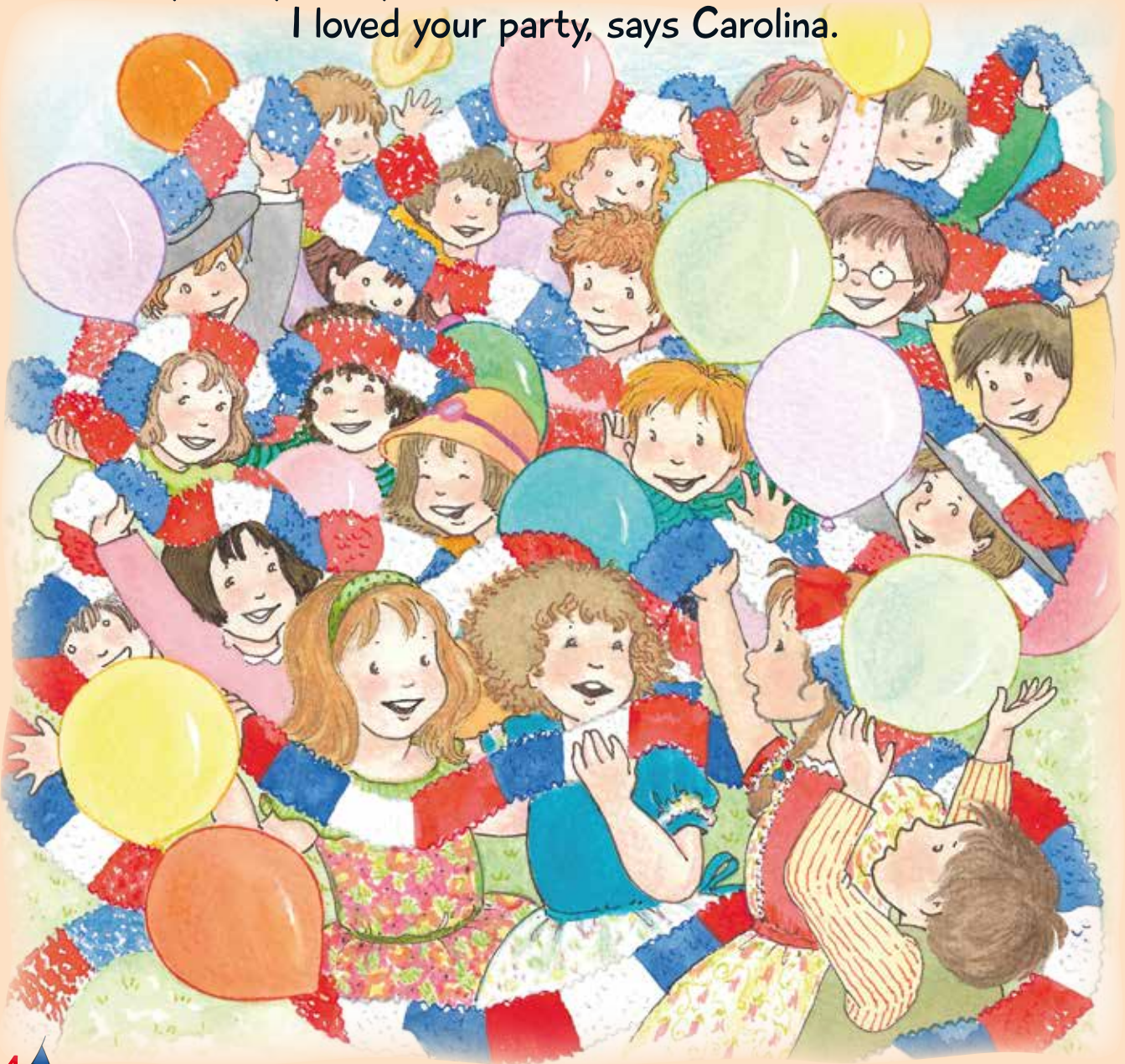
For the rope pulling game, the team needs to be very attentive...





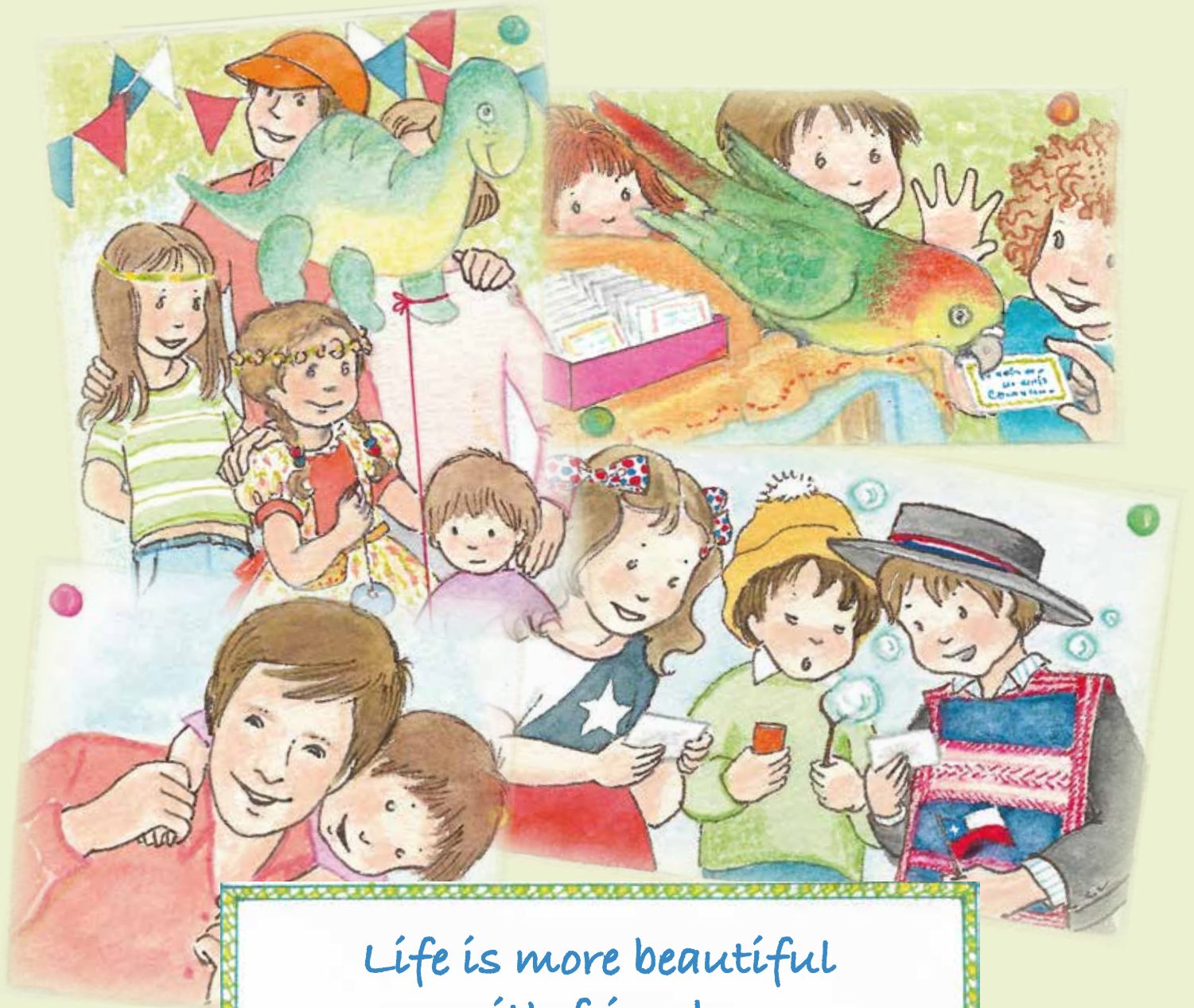
...but they scream and laugh so much that they lose their strength.

What a way to enjoy this great day! Everyone says
goodbye very happy. We had an amazing time! Thanks folks,
I loved your party, says Carolina.





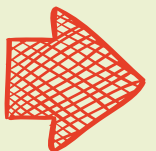
Already at home, Amalia finds the paper that the organ grinder's parrot gave her. Open it and read....



Life is more beautiful
with friends.
Share and learn from them.-



"Some advice for parents"



Tips for a holiday away from home

During celebrations, school activities or outdoor events, we find food that we do not usually eat daily. It is normal to have complications when calculating carbohydrates of these foods or less frequent preparations in our day to day.



- Remember to always take your fanny pack including the necessary to control your diabetes and a sugary liquid to treat hypoglycemia.



- If possible, review with your nutritionist the amount of carbohydrates and the nutritional characteristics (amount of fats and proteins) of foods typical of these events, to ensure proper glycemic management.

- To facilitate the carbohydrate count you can rely on the nutritional labeling of the foods that are in the celebration.

- Talk with your parent or keeper about the carbohydrate food options that will be in the celebration, so that you can choose together what you will eat and determine the dose of insulin you should inject. In the beginning you will be accompanied by your keeper, but over time you will achieve independence and make decisions for yourself.

- Remember that there are typical preparations for these celebrations that are free of carbohydrates and will not need to add insulin, for example, barbecues, chorizo, roasted vegetables.



- It is common that during this type of celebration there are changes in meal times and are delayed more than usual. If this



will happen, remember to monitor your blood sugar and add extra collation if necessary.

- One hour after you have finished most of the meals, check your blood sugar and talk to your parent or keeper if an additional dose of insulin is necessary.

- It is important not to focus parties only on food and encourage games to stay active.

- It is possible that during this type of celebration the glycemia will move slightly away from the acceptable range; don't worry and consider this to be a learning experience for a next opportunity. After all, these are special days and there will be time to return to the daily routine with healthy eating.



